Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

If you have concerns about your child's development and live within the greater Sacramento Area, here is who you can call for further support:

WarmLine Family Resource Center

Parent Training and Information Center 916-455-9500 or 1-844-455-9517 warmlinefrc.org

Family SOUP

Serving Yuba, Sutter, and Colusa Counties 530-751-1925 familysoup.org

Alta California Regional Center

916-978-6400 altaregional.org



Centers for Disease Control and Prevention

www.cdc.gov/ActEarly 1-800-CDC-INFO





Special Education Local Plan Areas (SELPA)

Sacramento County Office of Education - SELPA

916-228-2500 scoe.net/services/id510/Pages/default.aspx

Elk Grove Unified School District - SELPA

916-686-7780 blogs.equsd.net/specialed/

Sacramento City School District - SELPA

916-643-9163

scusd.edu/special-education

San Juan Unified School District - SELPA

916-971-7525 sanjuan.edu/Page/292

Folsom Cordova Unified School District - SELPA

916-294-9007

fcusd.org/Domain/637

Placer County Office of Education - SELPA

530-886-5873 placercoe.k12.ca.us/departments/selpa/Pages/default.aspx

Yolo County - SELPA

530-668-3787 www.ycoe.org/selpa

Colusa County Office of Education - Special Education

530-473-1350

ccoe.ss9.sharpschool.com/departments/special_education

El Dorado County Office of Education - SELPA

530-295-2228

edcoe.org/educational-services/

Nevada County - SELPA

530-265-0611

nevco.org/programs-services/special-education/selpa/

Sierra County - SELPA

530-993-4485

sierracountyofficeofeducation.org/selpa/

Sutter County - SELPA

530-822-2900

www.sutter.k12.ca.us/Departments/SpecialEducation/



Tahoe Alpine - SELPA

530-541-2850 ext.1026/1048 ltusd.org/departments/special_services_

Yuba County - SELPA

530-749-4873

yubacoe.org/Page/14

Track Your Child's Developmental Milestones

For parents of children from birth to 4 years



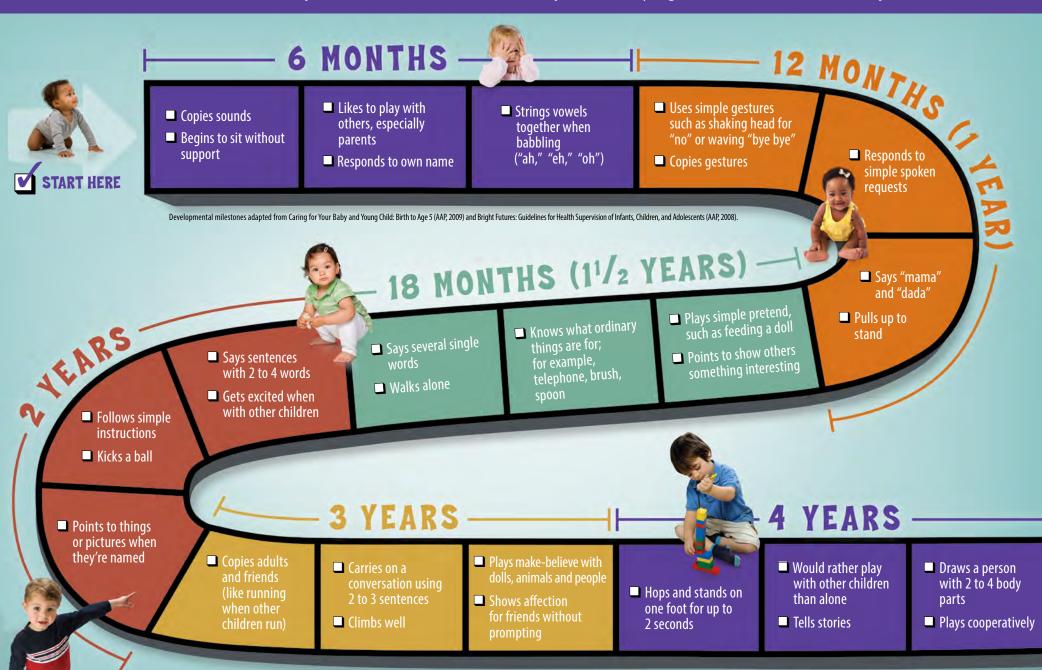
Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

This brochure developed and provided by



Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



These are just a few of many important milestones to look for. For more complete checklists by age visit www.cdc.gov/ActEarly or call 1-800-CDC-INFO.